DOCUMENT RESUME

ED 369 006 CG 025 323

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TITLE Stress Management for Elementary Schools.
REPORT NO ISBN-0-398-05843-1
PUB DATE 93
NOTE 198p.
AVAILABLE FROM Charles C Thomas, Publisher, 2600 South First Street, Springfield IL 62794-9265 ($39.75).
PUB TYPE Books (010)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Biofeedback; Counseling Services; Desensitization; Elementary Education; *Elementary School Students; Health Education; Meditation; *Relaxation Training; *Stress Management

ABSTRACT

Stress management for school children has had various degrees of success. School officials need information about stress and how to deal with it. The purpose of this book is to provide information useful in inauguration of such programs where they do not exist. While stress management should begin in the home and include nutrition, physical activity, and rest, schools must also recognize and provide stress management programs to reduce stressfulness of the daily lives of children. The book is comprised of 11 chapters: (1) The Elementary School Child; (2) An Overview of Childhood Stress; (3) Dealing With Childhood Emotions; (4) Home and Family Stress (research studies); (5) School Stress; (6) Stress Among Children With an Affliction (including disease, developmental disability, and psychic trauma); (7) Teaching Children About Stress (with a discussion of three of the better known approaches); (8) Inducing the Relaxation Response in Children; (9) Classroom Stress Reduction Exercises; (10) Games and Stunts That Reduce Stress; and (11) Reducing Stress Through Creative Relaxation. Contains 152 references. (MSF)

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